

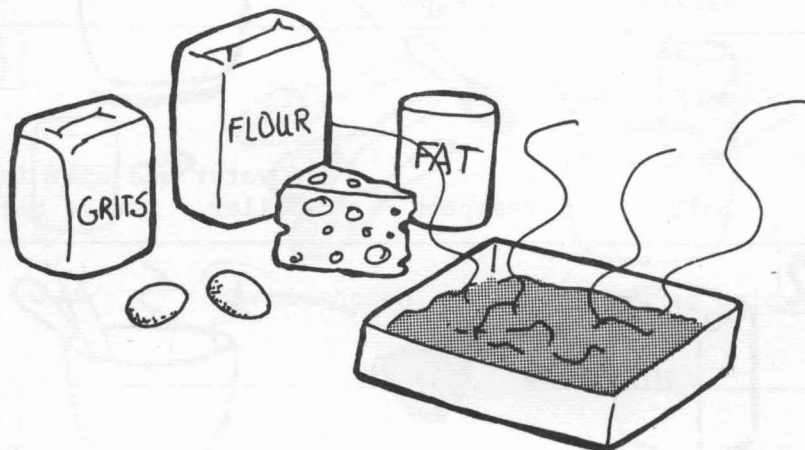
Rec'd. 10,000- 6-18-69

Frances R.  
1 copy - Mrs.  
Lover

L-790

# BAKED CHEESE-GRITS

This recipe makes enough for 6 people.



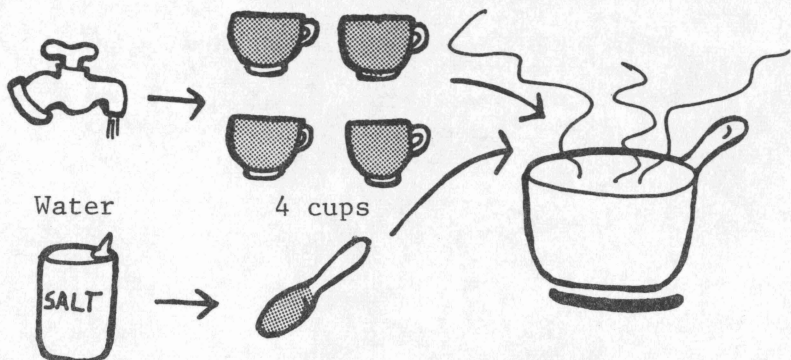
## What you use:

- |                             |                                       |
|-----------------------------|---------------------------------------|
| 4 cups water                | 2 eggs                                |
| 1 teaspoon salt             | 3 tablespoons fat                     |
| 1 cup yellow or white grits | 2 cups cheese, cut<br>in small pieces |
| 3 tablespoons flour         |                                       |

TEXAS A&M UNIVERSITY  
TEXAS AGRICULTURAL EXTENSION SERVICE  
J. E. Hutchison, Director, College Station, Texas

# How to make Baked Cheese-Grits

1



Water

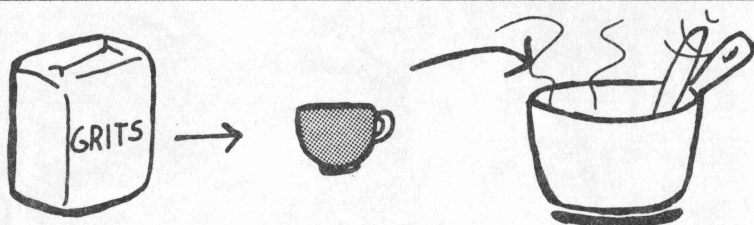
4 cups

Salt

1 teaspoon

Put water and salt in a boiler. Let it boil.

2



Grits

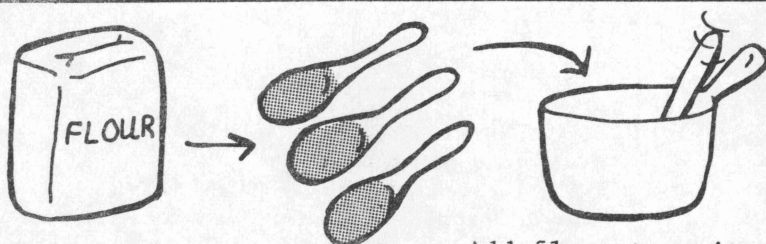
1 cup

Add grits to boiling water. Add a little at a time. Stir some as it cooks. Cook 20 minutes. Take boiler off heat.

3

Turn oven on. Set it at 350° (F). This is medium hot.

4

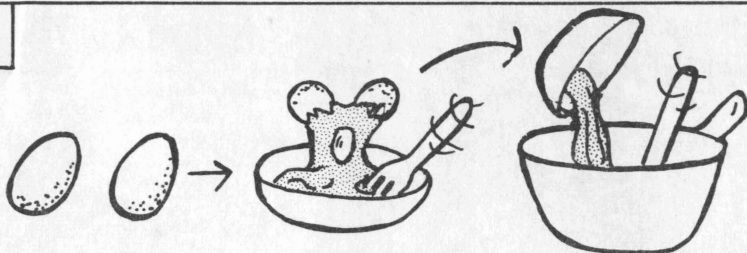


Flour

3 tablespoons

Add flour to grits. Stir it real good.

5

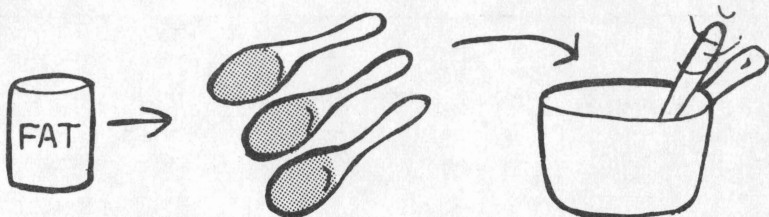


2 eggs

Crack eggs in  
a bowl. Beat.

Add eggs to grits.  
Stir.

6

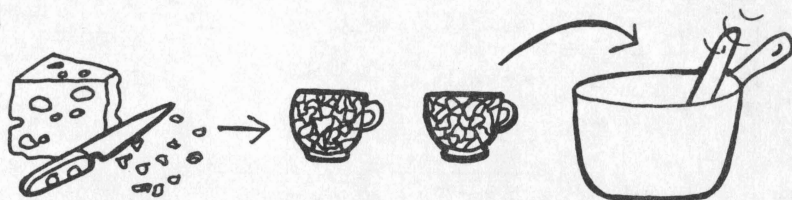


Fat

3 tablespoons

Add fat to grits.  
Stir.

7

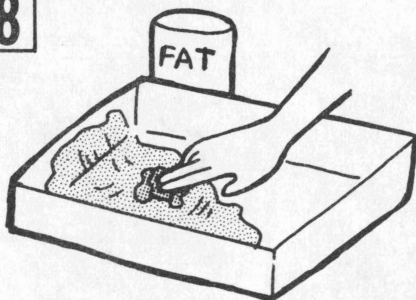


Cheese, cut in  
small pieces

2 cups

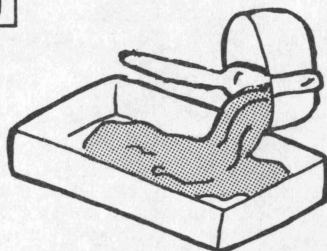
Add cheese to  
grits. Stir.

8



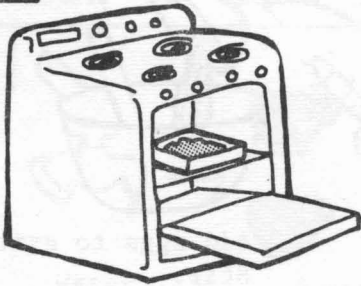
Grease a large pan.

9



Put grits and cheese  
in pan.

See next page.



Bake in medium hot oven ( 350° F ).

Bake 30 to 40 minutes.

**A good diet has meat, eggs, cheese  
or dry peas or beans every day.**

**It also has fruits and vegetables.**

**A good diet has milk and cereals.**

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